



EXPLORE
AND
DISCOVER!

WRAP-O-LICIOUS WATER LILY

INGREDIENTS (PER CHILD)

- 15 mL (1 tbsp) plain yogurt (2% M.F. or higher)
- 15 mL (1 tbsp) grated Cheddar cheese
- 2.5 mL (½ tsp) maple syrup
- 0.5 mL (⅛ tsp) lemon juice
- 1 slice (about ⅛) apple, peeled
- 1 small fresh mint leaf
- 1 mid-sized leaf of any lettuce (Boston, Romaine, iceberg...)

* For creamier results, use thick plain, Greek or Balkan-style yogurt.

BEFORE THE CULINARY ACTIVITY

- Wash the lemon, apple, mint and lettuce leaves.

MAKING THE RECIPE

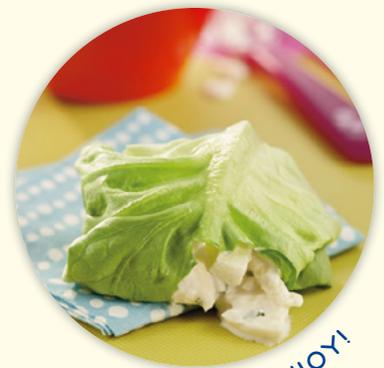
Tasks to be performed by an adult in front of the children :

- Grate the cheese.
- Pour some maple syrup in a bowl.
- Juice the lemon.
- Peel the apple, remove the core and the seeds, and cut into 8 pieces.

Tasks to be performed by the children:

1. Combine the yogurt, cheese, maple syrup and lemon juice in a bowl.
2. Cut the apple slice into small pieces. Add them to the mixture in the bowl.
3. Use scissors to cut up the mint leaf or tear it with your fingers. Add the pieces of mint leaf to the mixture in the bowl. Mix all the ingredients together.
4. Spoon the mixture onto the lettuce leaf. Fold the sides of the leaf over the mixture to make a small bundle.

Change it up: Use a pear instead of an apple.



ENJOY!



When you're little, exploring foods opens the door to a whole world of discoveries. Think about it! Whether we examine the different shapes of pasta, learn how to fish, see how milk can be transformed into cheese or how we harvest beans from the garden, there are so many things to discover with your little ones. With the help of the *Explore and Discover!* poster and the activities suggested below, your little ones are sure to make new discoveries while having fun at the same time.

THAT'S A FUNNY SANDWICH!

Assign the name of a food to each child. Let them wander around the room while you play music. When you stop the music, the children must quickly make up teams of three. Go around each team and ask them to name the foods in their group to see what kind of sandwich they make. One little trio is a cheese, egg and pumpkin sandwich! Now that's hilarious! Ask them if they'd like to taste their sandwich. If they say "no", ask them what they could change to make it more appealing.



SEARCH AND FIND

Invite your little ones, one at a time, to find a food featured on the poster. When they find the food they were looking for, ask them a question about it. "Do you like macaroni?" "How do you like your eggs cooked?" "Where does milk come from?" "What is your favourite recipe that includes strawberries?" Now that's a fun way to explore the world of foods with children!



RIDDLES AND GIGGLES

Here's an entertaining way for children to explore the foods on the poster using their 5 senses. Make up riddles that involve one or several senses: it is wet (touch), it smells fruity (smell), it is sweet (taste), it is a little crunchy (hearing), it is red (sight). If you guessed a watermelon, you are right! When children guess correctly, invite them to do a victory dance. You can also ask the children to make up their own riddles.



BIRDS EAT TOO!

Get children to make their own bird feeder using a clean milk carton. First, cut a small opening on the side of their carton. Provide children with a variety of craft materials such as paints, felt and ribbon. Encourage them to use their imagination to decorate their bird feeder. Help them make a small hole under the opening where they can insert a small wooden stick that will serve as a perch. Punch two holes in the top of the carton so that they can thread a piece of string through. Once the feeder is finished, invite children to fill the bottom with birdseeds and hang it in a tree. Now you're ready to do some bird watching!



LET'S SING TOGETHER

Invite children to sing the following song to the tune of "If you're happy and you know it" and get them to move along. Encourage them to come up with verses about their favourite foods.

If you like to eat tomatoes, touch your toes (Tap! Tap!)
If you like to eat tomatoes, touch your toes (Tap! Tap!)
On the farm or at the store, food's exciting to explore
If you like to eat tomatoes, touch your toes (Tap! Tap!)

If you like to eat your bread, nod your head (Tic! Toc!)
If you like to eat your bread, nod your head (Tic! Toc!)
On the farm or at the store, food's exciting to explore
If you like to eat your bread, nod your head (Tic! Toc!)

If you like to eat some cheese, bend your knees (Boing! Boing!)
If you like to eat some cheese, bend your knees (Boing! Boing!)
On the farm or at the store, food's exciting to explore
If you like to eat some cheese, bend your knees (Boing! Boing!)

If you like to eat your beans, stomp your feet (Boom! Boom!)
If you like to eat your beans, stomp your feet (Boom! Boom!)
On the farm or at the store, food's exciting to explore
If you like to eat your beans, stomp your feet (Boom! Boom!)



THE DRINKING CELERY

Here's a great experiment to teach children how vegetables get their nutrients through their roots. Leave celery stalks out of the refrigerator for a few hours so they become limp. Give each child a glass of water to which he or she will add a food colour of their choice. Trim the bottom of each celery stalk and provide one to each child. Each child places his or her celery stalk in their glass of coloured water. Let the fun begin! Have children examine their celery stalk often to see how it changes colour. After about a day, the children will see that the colour will have made its way to the leaves. Discuss the experiment with the children to help them understand this phenomenon.

